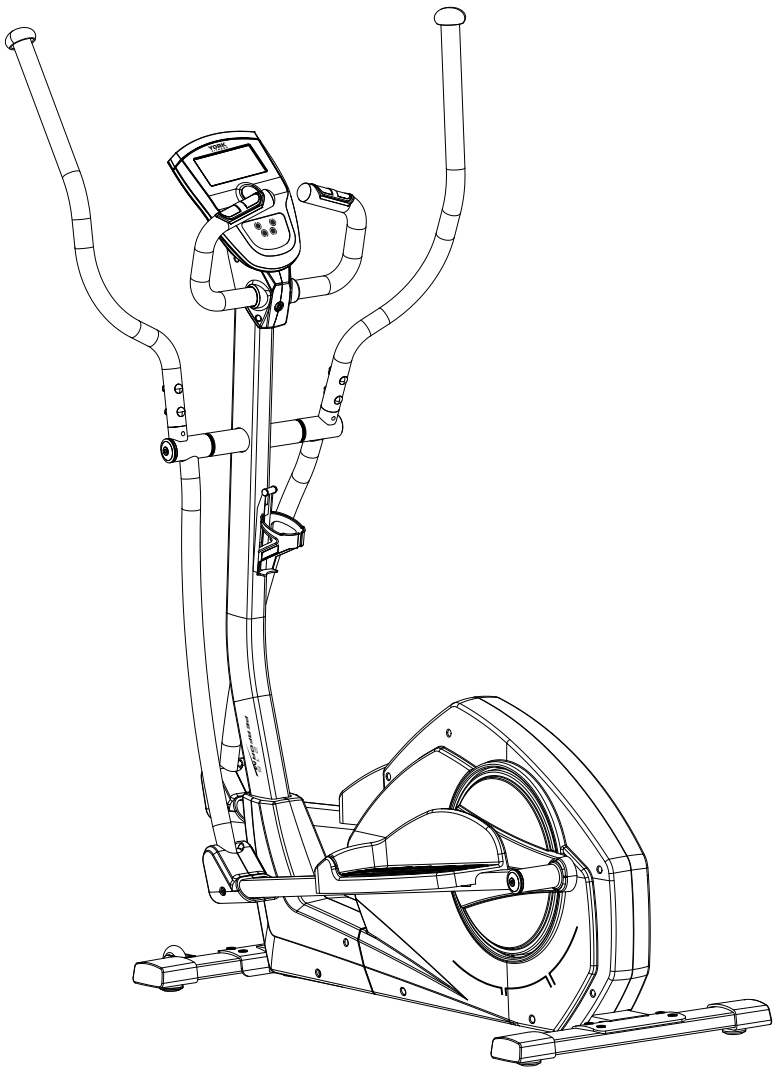
YORK®
FITNESS

Owner's Manual

Perform 215
Cross Trainer

52059



25APRIL2013

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Congratulations on purchasing your exercise equipment from

YORK® FITNESS

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new exercise equipment.

For more information visit www.yorkfitness.com

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Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

Safety information

Please read this instruction manual before you begin assembly. Great care has been taken to design these instructions and following them will help you with quicker assembly and minimize the risk of injury.

It is important that you keep these instructions for future reference.

This list is not exhaustive - You are responsible for your own safety!

- Always assemble and operate the equipment on a level surface.
- Ensure the equipment is stable before use.
- Always ensure that the equipment has adequate space on each side.
- Try to ensure that your back is straight while exercising, especially for long periods.
- The safety level of this equipment can only be maintained if it is regularly examined for wear and tear.
- Replace defective components immediately and keep the equipment out of use until it is repaired.
- Use only the adjustment setting as described in the instructions. Always use the correct adjustment pin / fixing.
- Always check that any pins / fixings are tight and secure before use and after adjustment.
- Never leave any adjustment devices projecting from the equipment.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear. (e.g. tracksuit / shorts / training shoes)
- Remove all personal jewelry before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment. (See maximum user weight)
- Never use the equipment in any other manner other than the ways explained in these instructions and any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on or around the equipment, especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This product is not suitable for therapeutic purposes.
- This product has an integrated speed independent braking system without a constant power mode that is governed by magnetic resistance.
- This product has been tested for use in a home environment and is warranted for In Home, personal, family or household use.
- Due to our continuous policy of product development, York Fitness reserves the right to change specifications without notice.

CAUTION! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein.

Maximum user weight: 150kg

Safety Standards

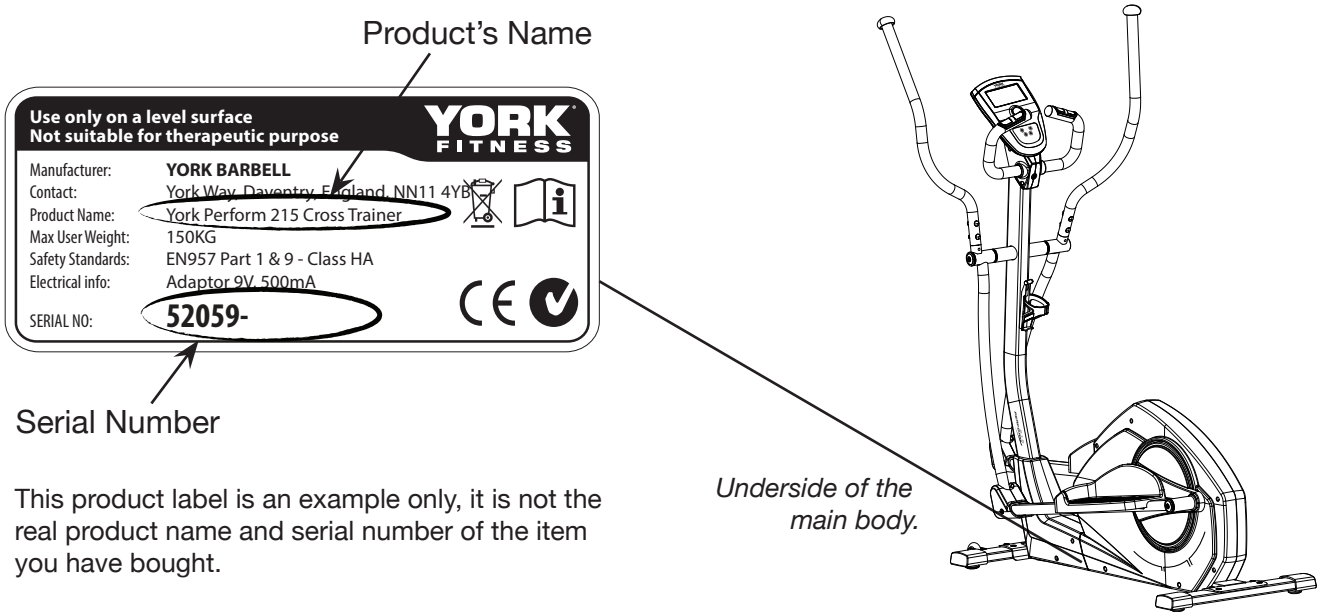
This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 1 & 9 - CLASS HA. Therefore the equipment carries the following marks:

Customer support

Customer Support

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on the sticker below, located as indicated.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect



This product label is an example only, it is not the real product name and serial number of the item you have bought.

IMPORTANT!! - Please retain your sales receipt, York Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

ENGLAND

The best way to contact us is via the website:
www.yorkfitness.com

York Barbell UK Ltd.
York Way, Daventry,
England, NN11 4YB
Tel: 0844 225 3112

AUSTRALIA

The best way to contact us is via the website:
www.yorkfitness.com.au

York Fitness Australia
1/2 Swaffham Rd, Minto,
PO Box 5130, NSW 2566
Tel: 1800 730 149

Assembly instructions

Prepare your work area - It is important you assemble the product in a clean and uncluttered space.

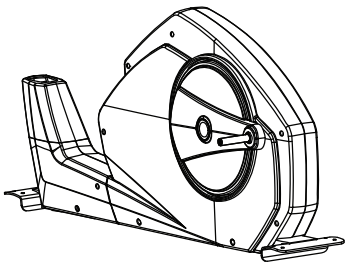
Work with a friend - We recommend you have someone assist you with the assembly as some of the components are quite heavy.

Open the carton - Check any warnings on the carton and make sure you have it the right way up.

Unpack the carton - Remove all the parts and lay them out on the floor.

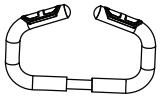
Make sure you have the following parts:

Z x 1

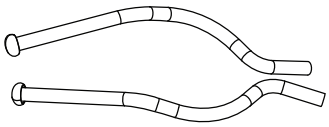


A x 1

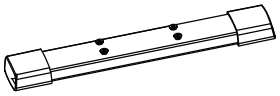
B x 1



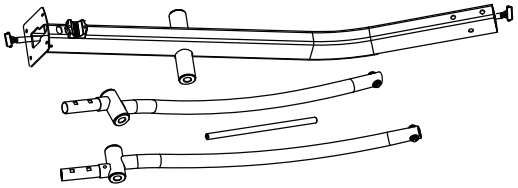
C x 1



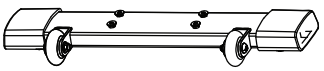
J x 1



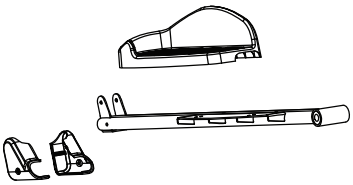
D x 1



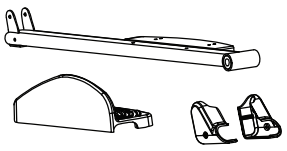
M x 1



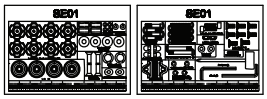
K-L x 1



K-R x 1



L x 1



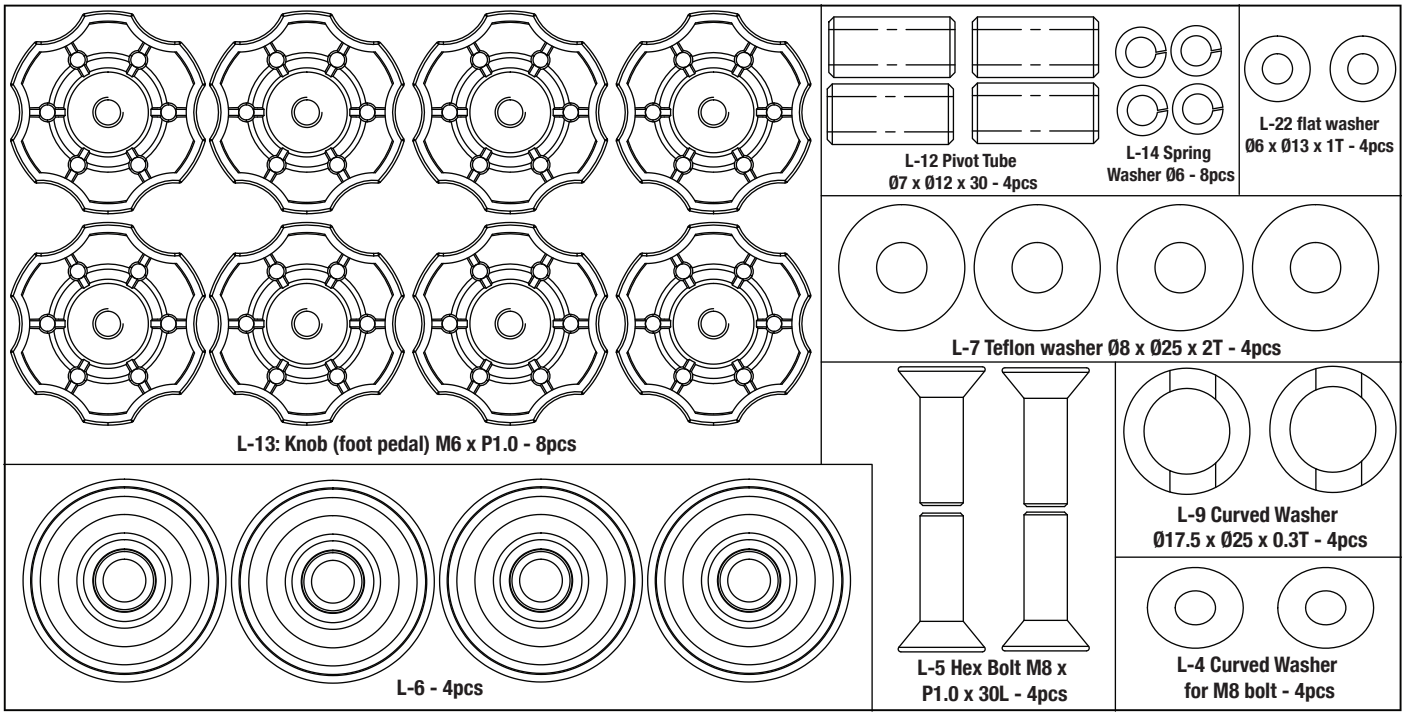
Q x 1

R x 1

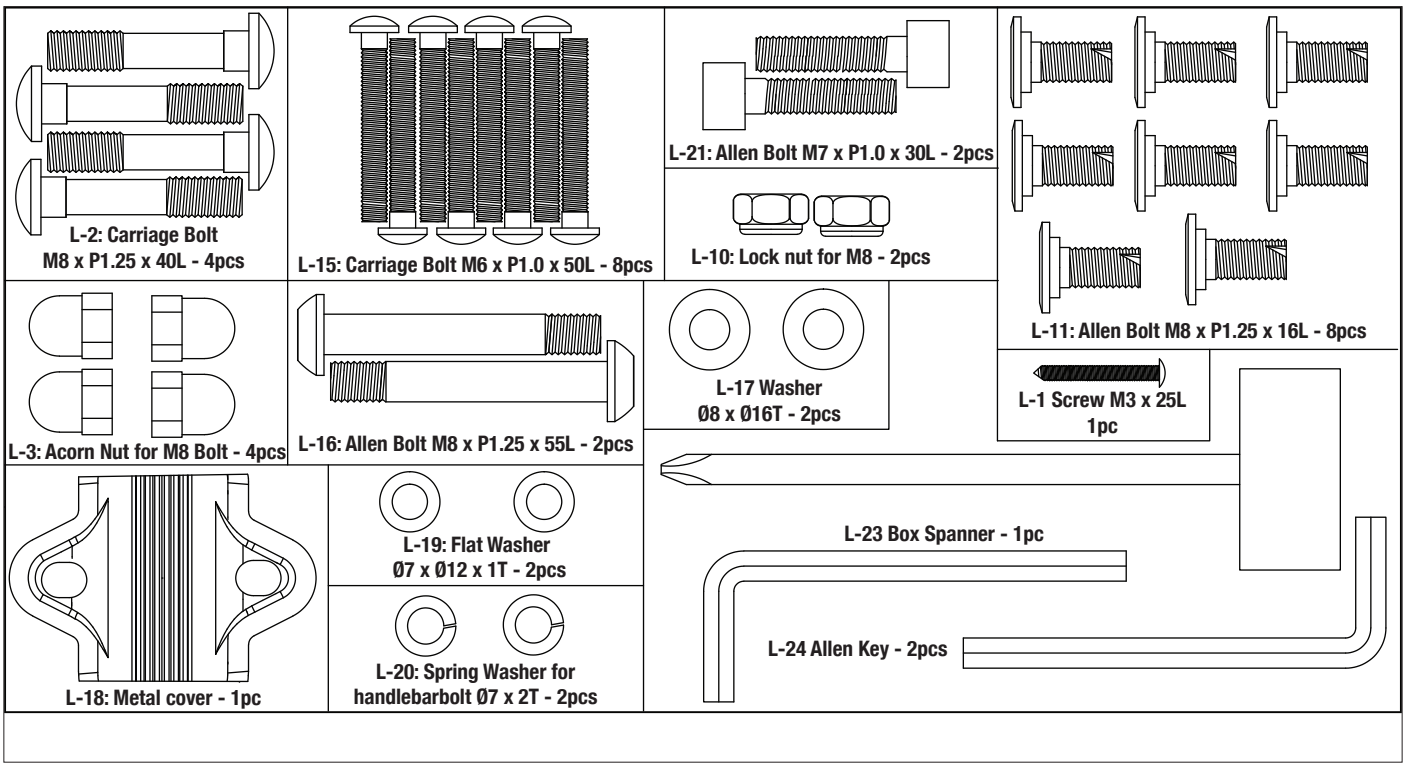
P x 1

Assembly instructions

BLISTER PACK 1



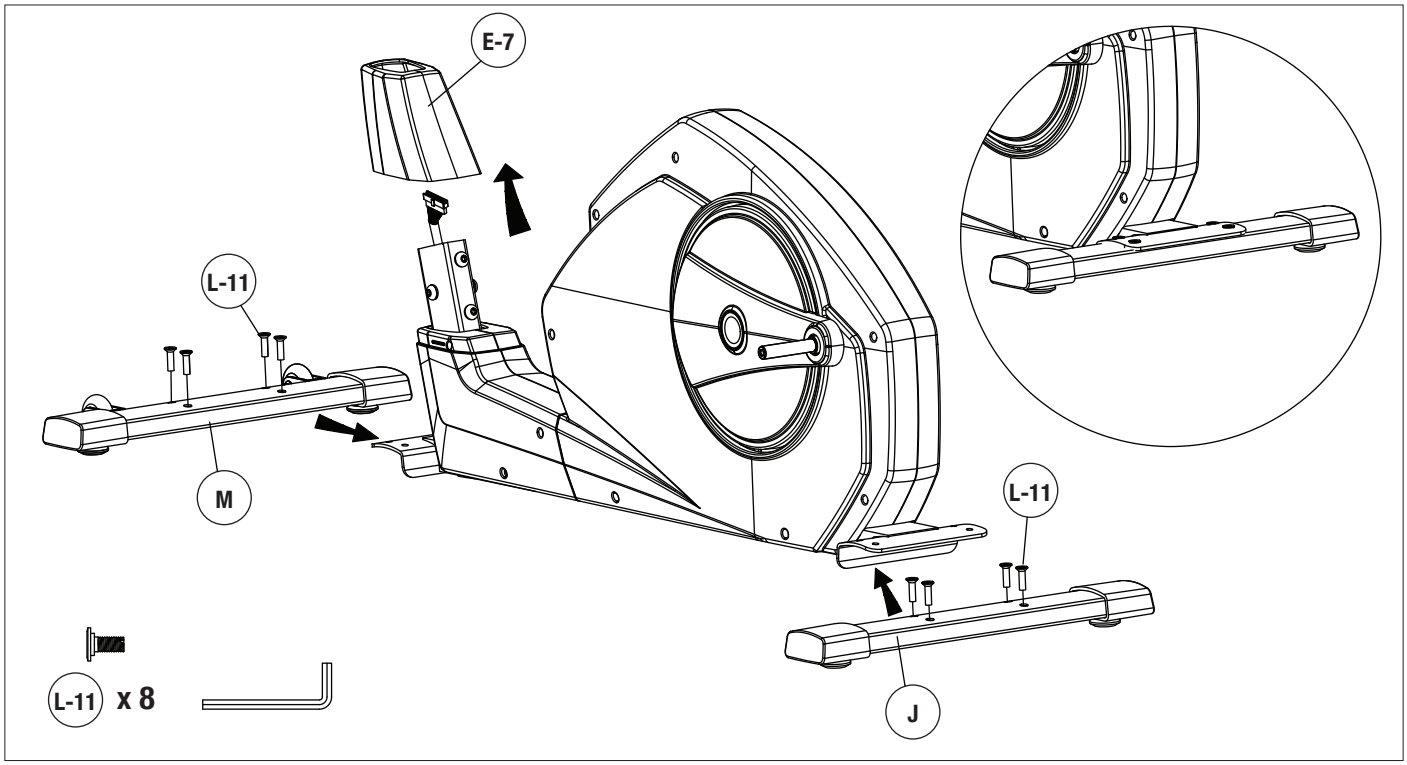
BLISTER PACK 2



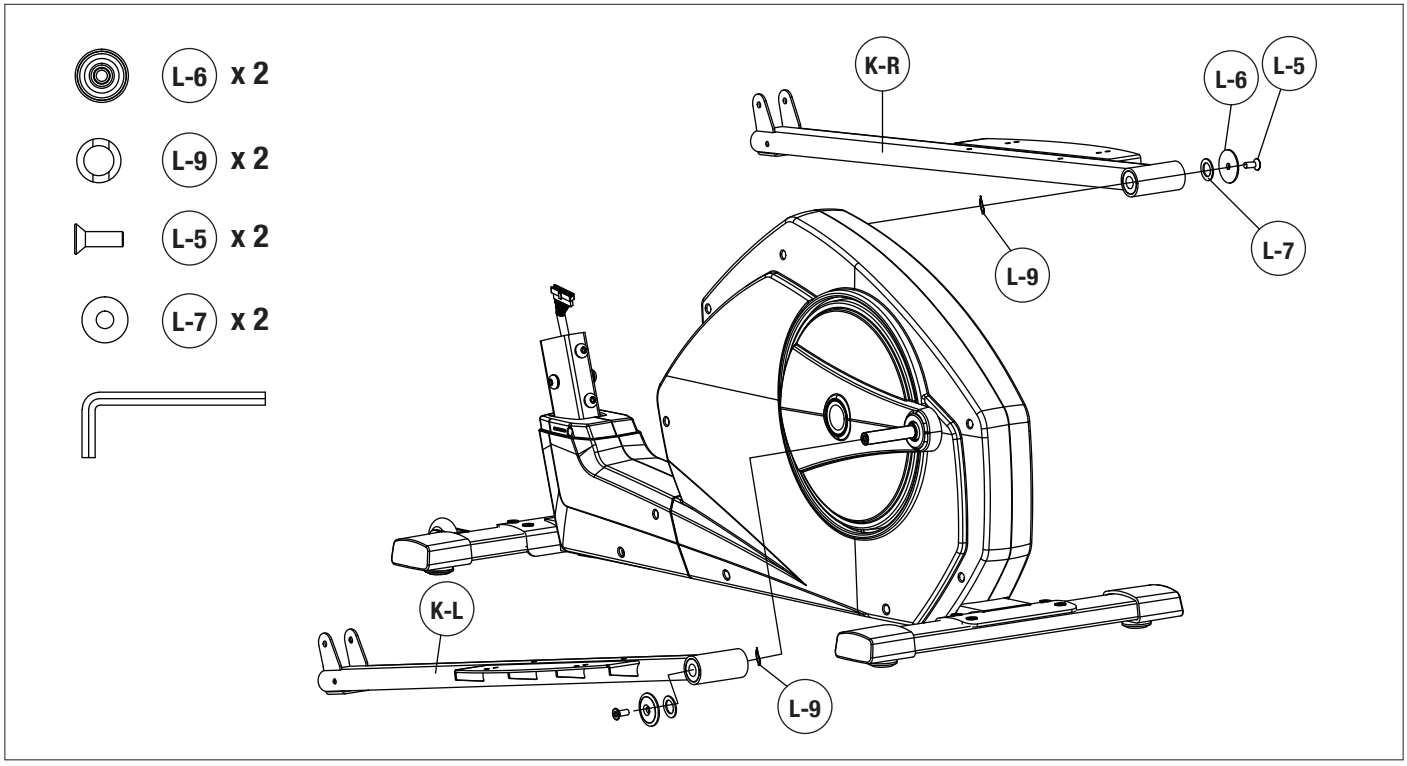
Assembly instructions

YORK FITNESS

STEP 1

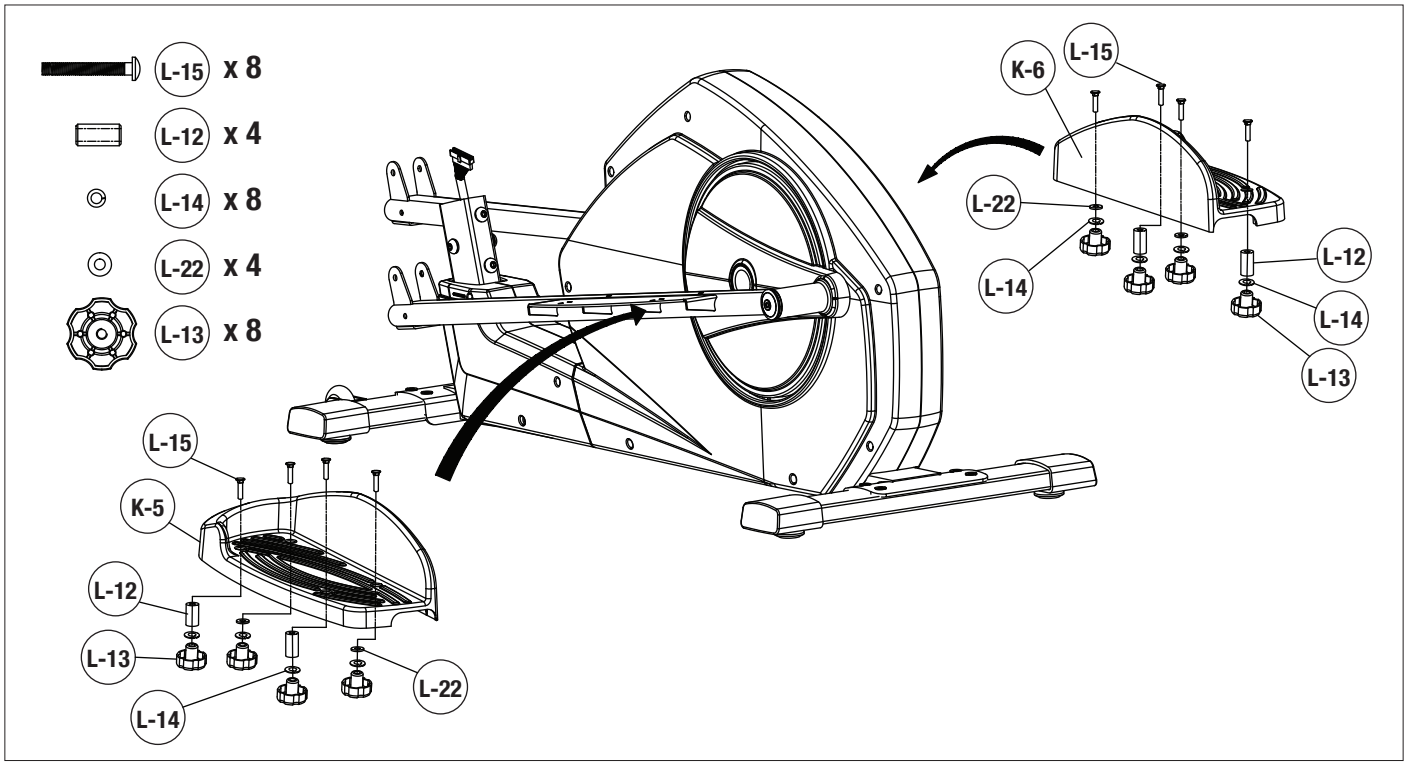


STEP 2

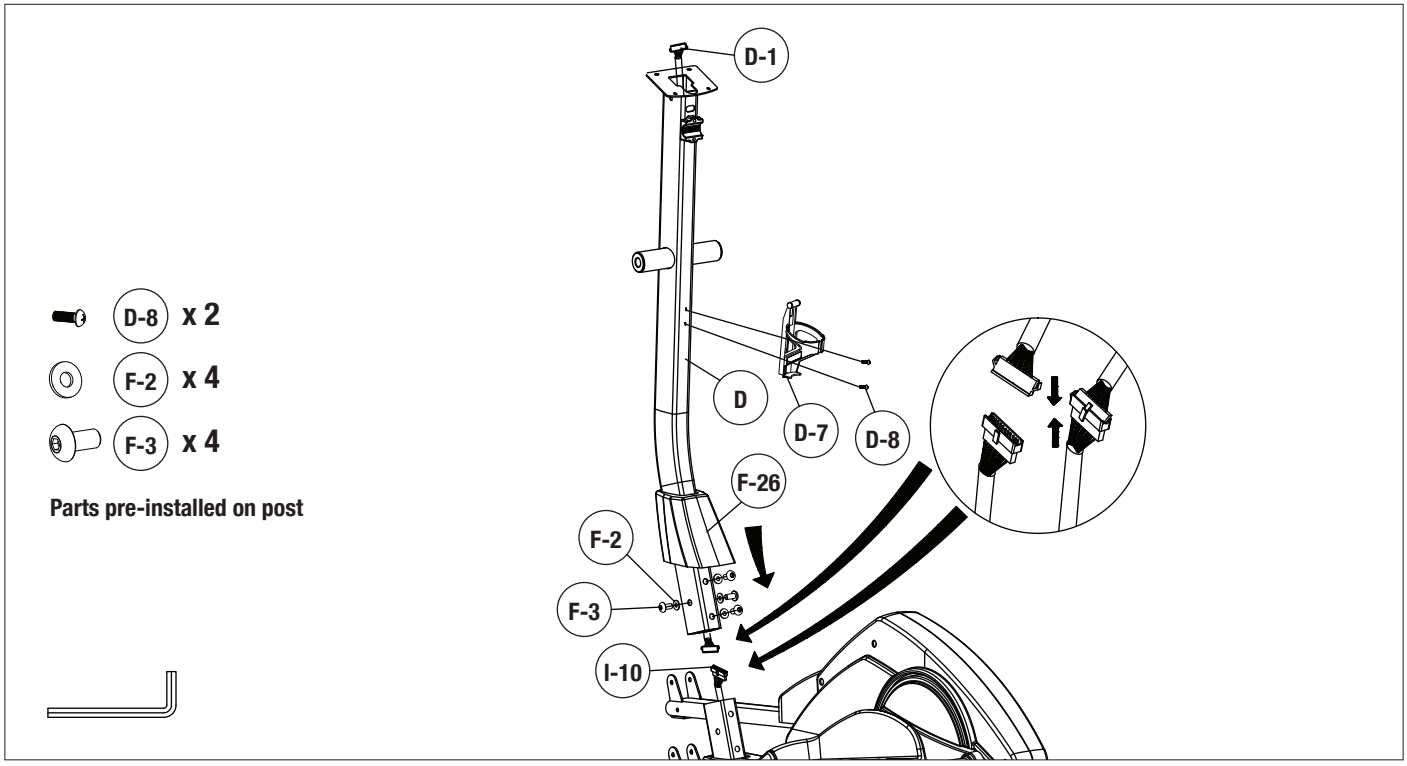


Assembly instructions

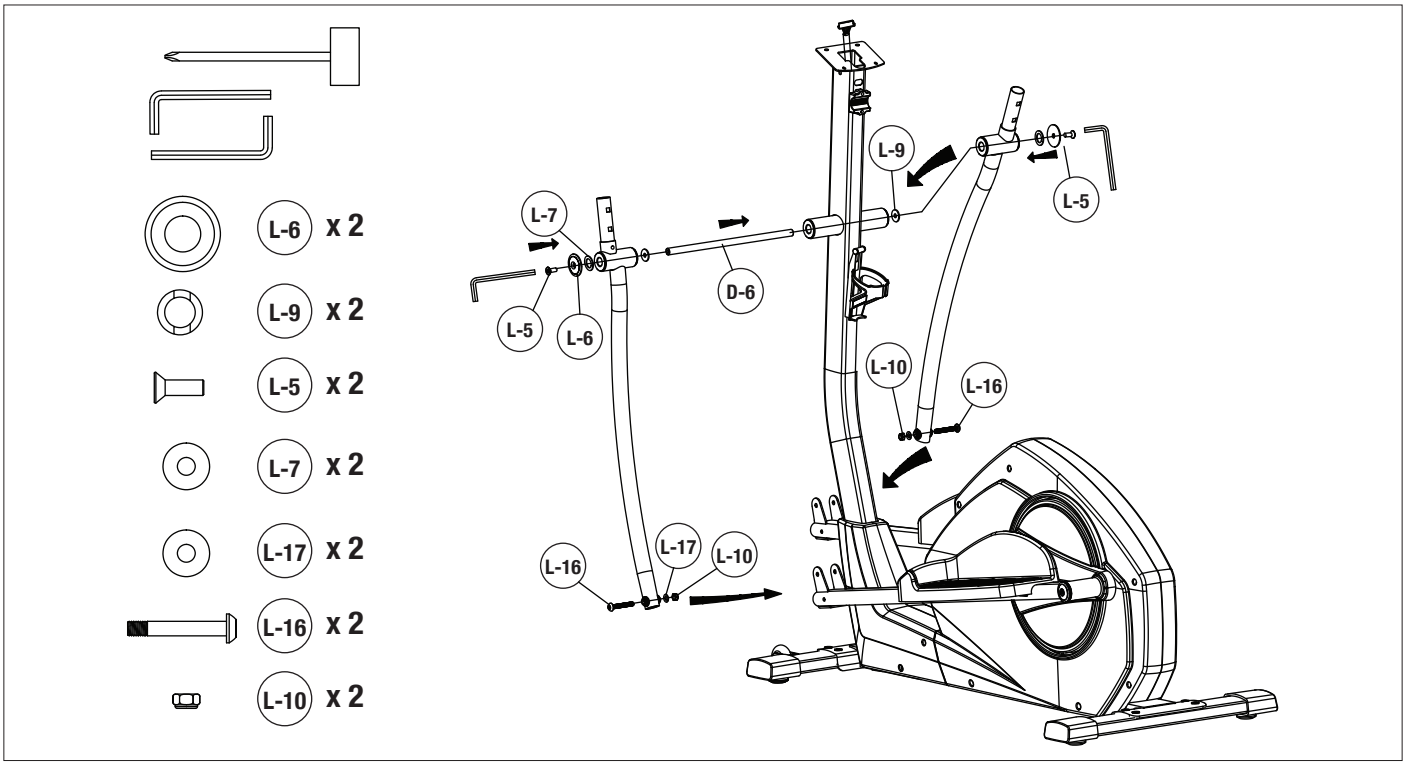
STEP 3



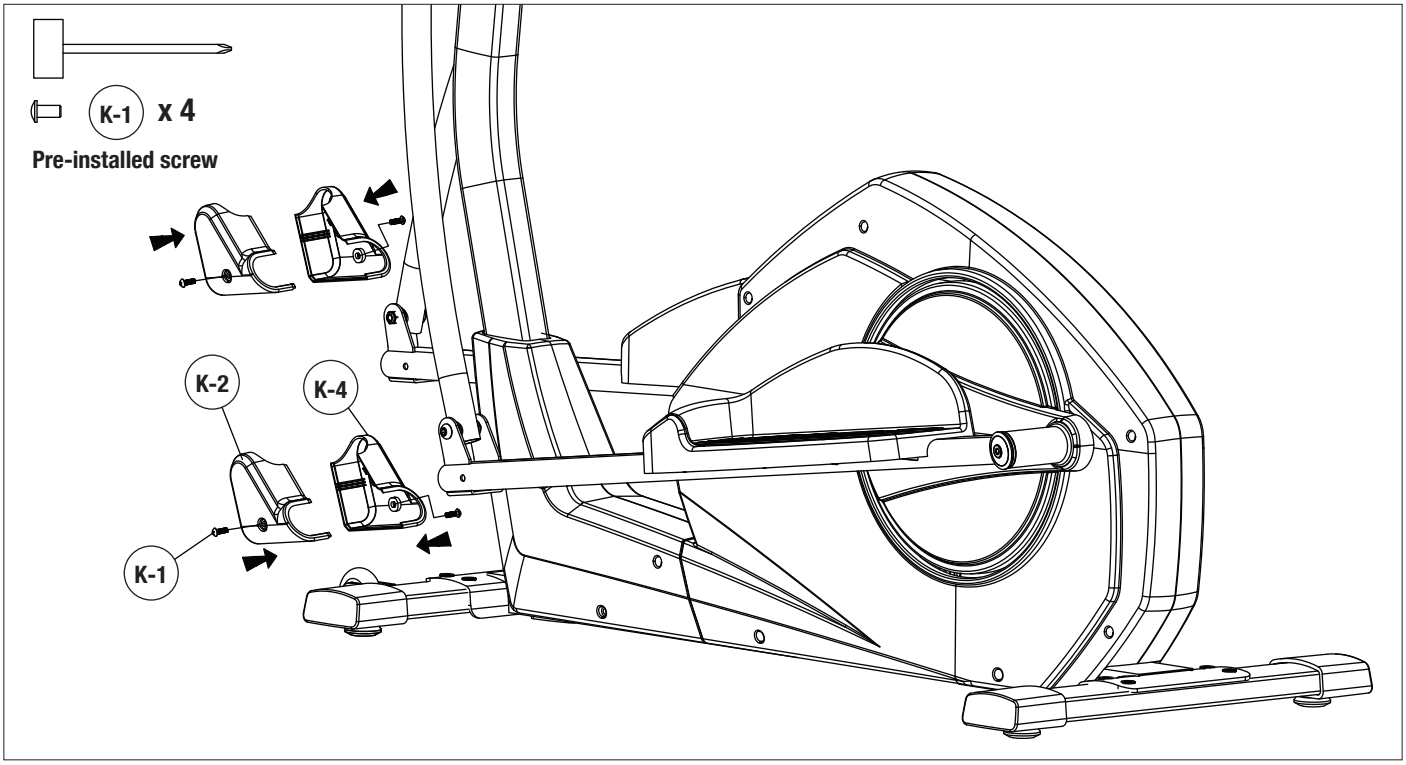
STEP 4



STEP 5

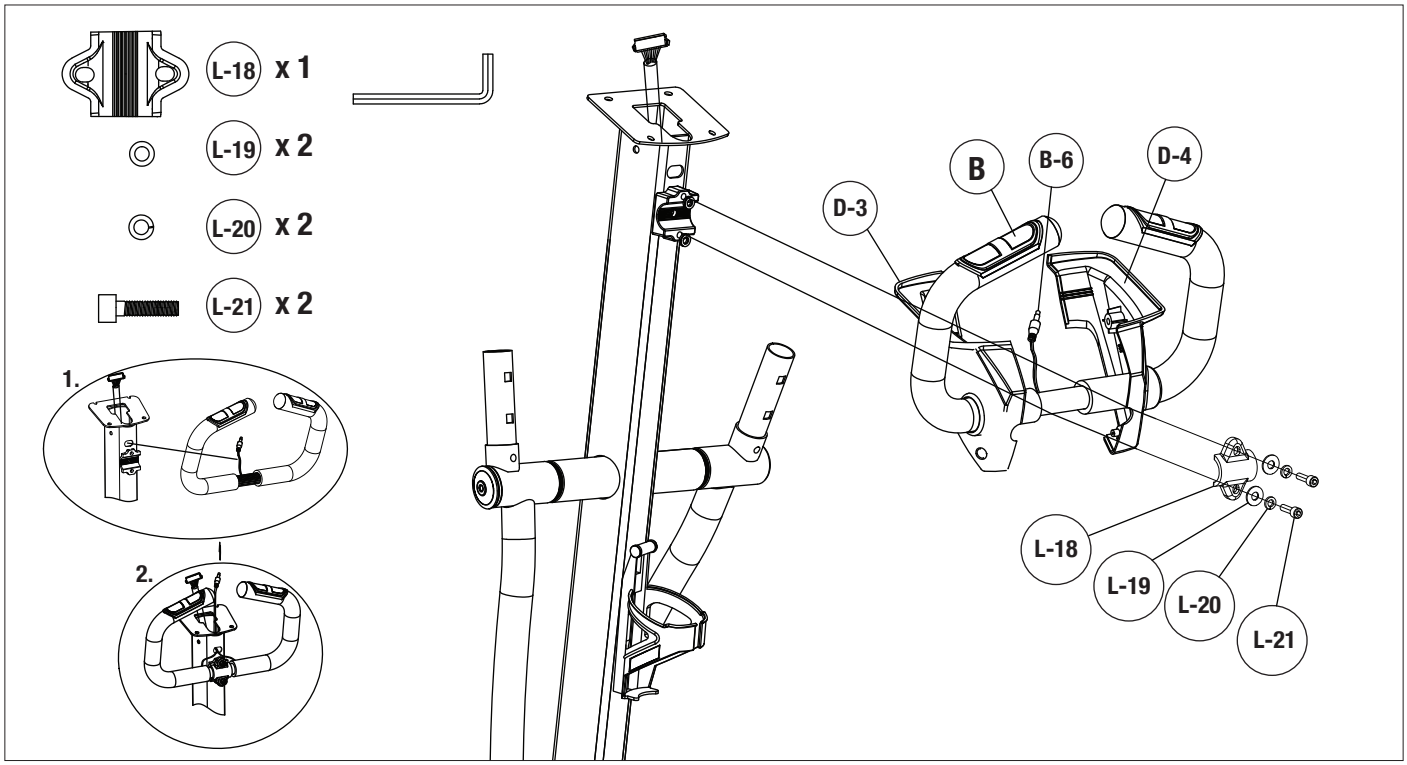

L-6 x 2
L-9 x 2
L-5 x 2
L-7 x 2
L-17 x 2
L-16 x 2
L-10 x 2
L-9
L-5
L-7
D-6
L-5
L-6
L-10
L-16
L-16
L-17
L-10

STEP 6

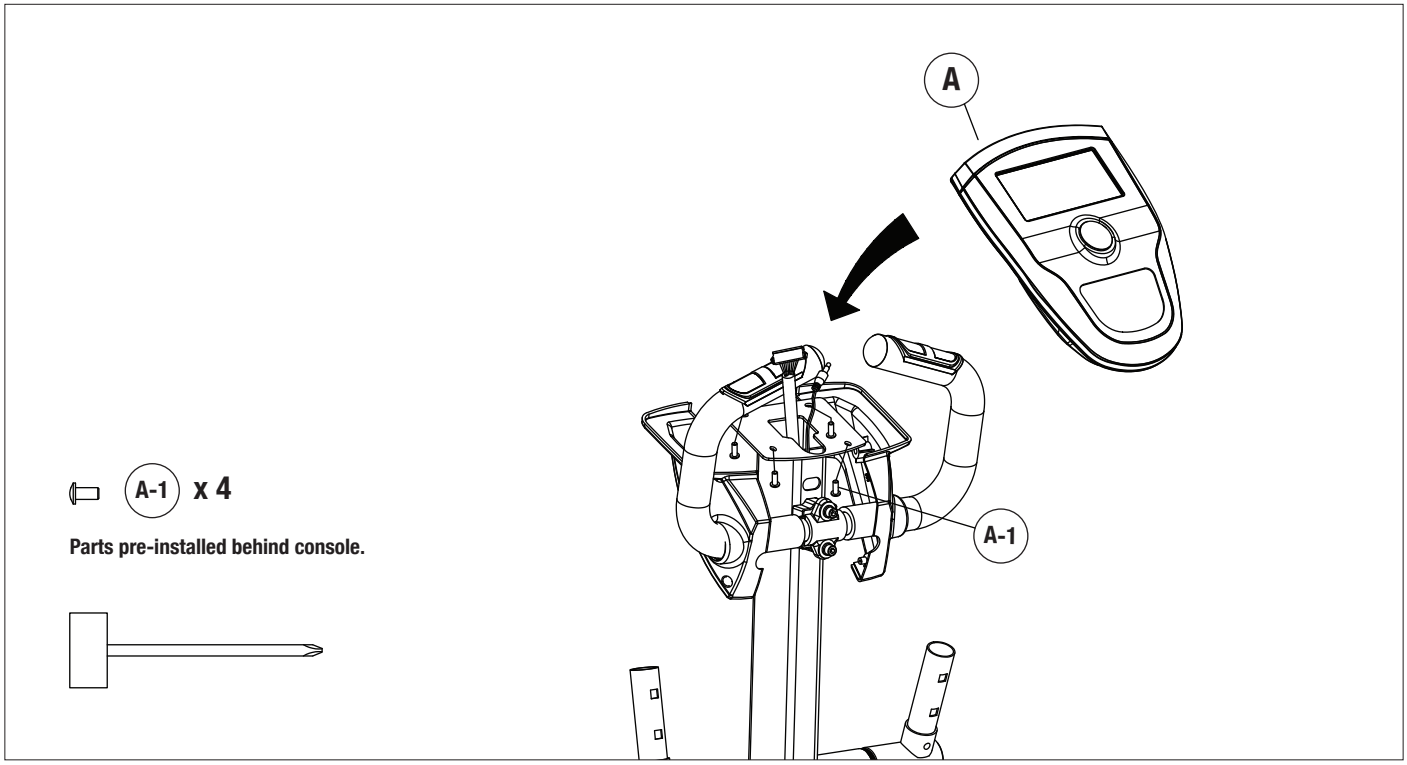

K-1 x 4
Pre-installed screw
K-2
K-4
K-1

Assembly instructions

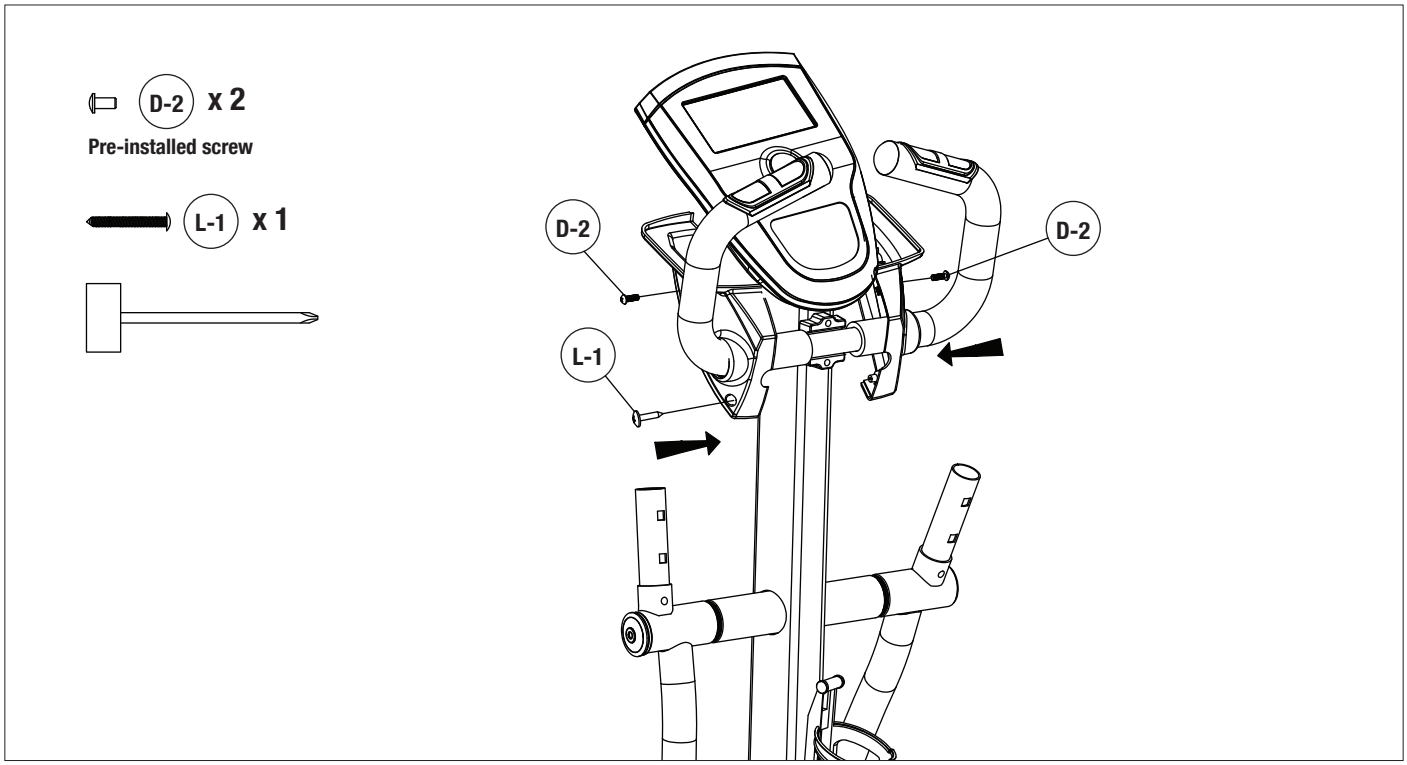
STEP 7



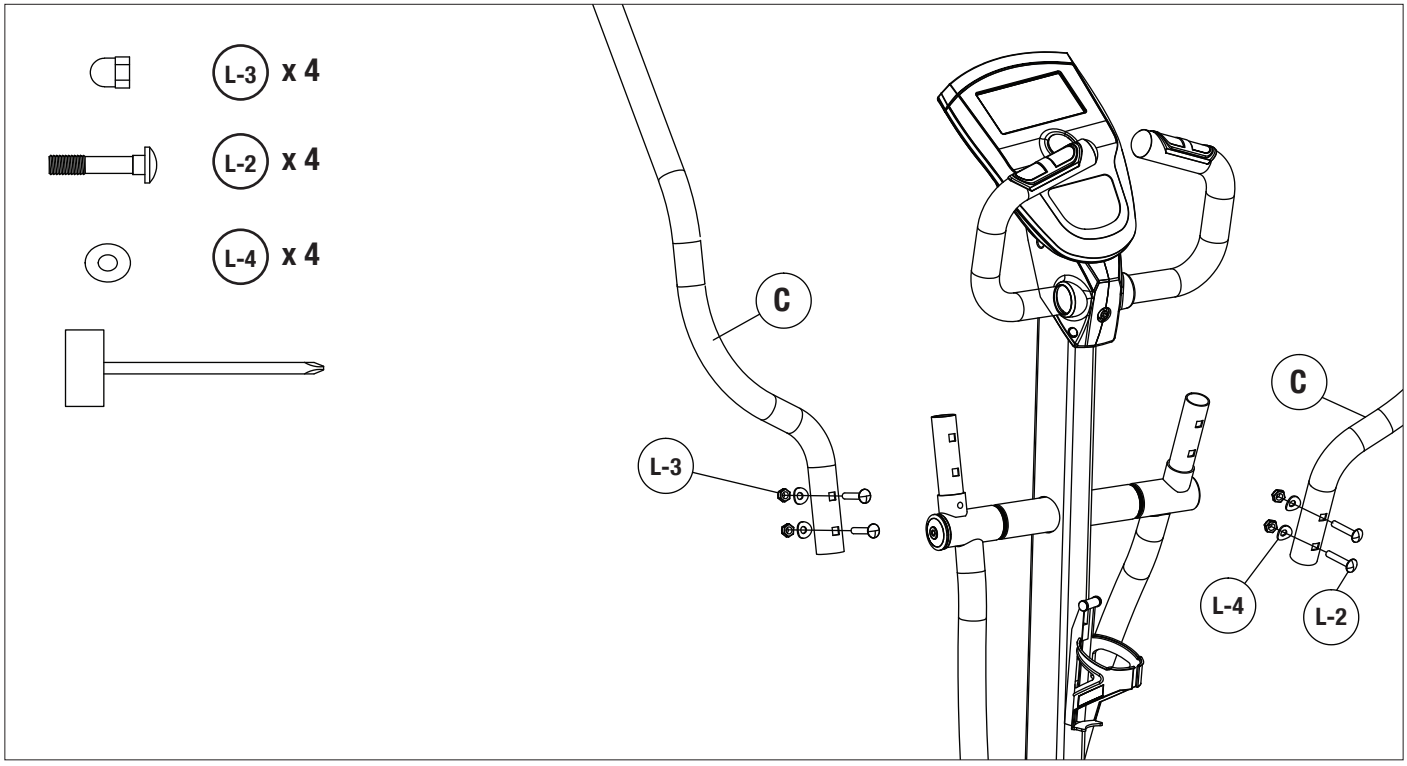
STEP 8



STEP 9



STEP 10



Operational instructions

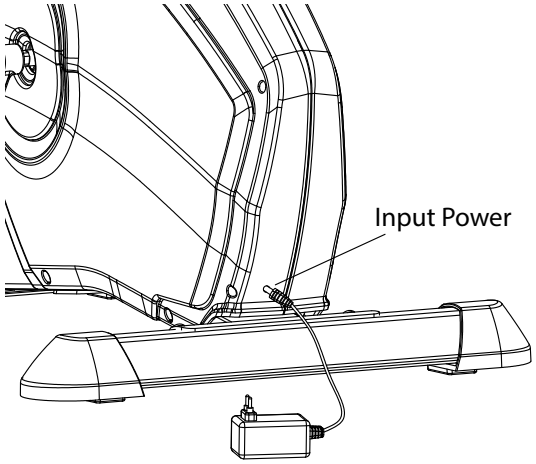
Final Check

Your cross trainer is now assembled.
Please make the following final checks:

- Make sure all screws / bolts are tightened.
- Make sure the equipment is on a flat, level surface.

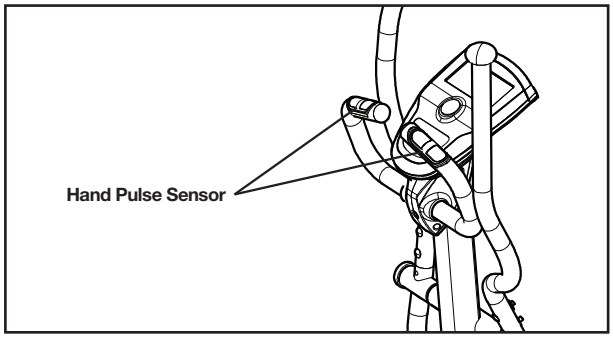
Input Power

Plug in the adaptor to the equipment then the computer will produce a beep sound and turn on the computer at the Manual mode.



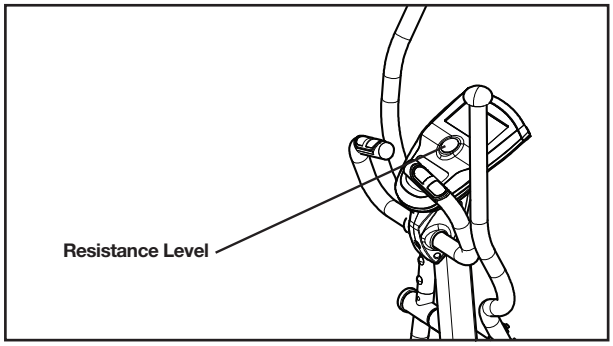
Hand Pulse Sensors

This exercise equipment is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right hands on the sensors at the same time. Do not grip the hand sensors too tight and allow the computer a few seconds to display the reading.



Adjusting The Resistance

This exercise equipment features a speed independent braking (resistance) system. The resistance is controlled by a magnet, which is moved closer or further away from the flywheel - the closer the magnet is to the flywheel the higher the resistance. The magnet is computer controlled, to adjust simply use the UP / DOWN dial on the console.

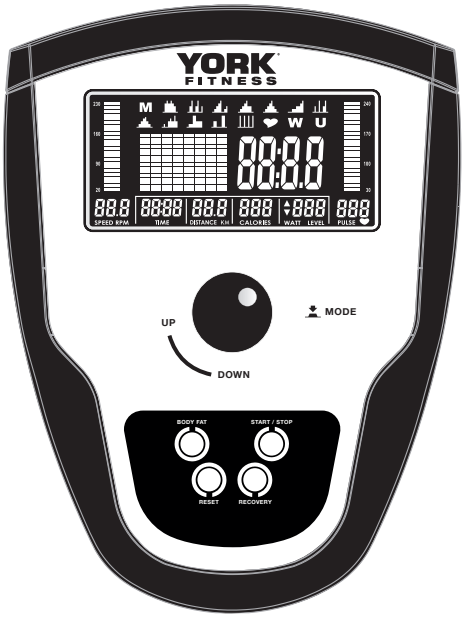


Built in Wireless Heart Rate Receiver

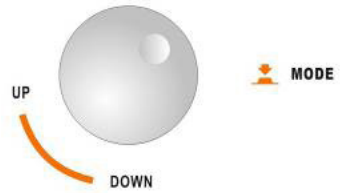
This machine is equipped with a built-in receiver for your heart rate monitoring. To get an accurate reading using these devices, you will need to be within 90cm of the console, and a minimum of 120cm from others using a heart rate monitoring device.

(Note: The transmitter may fluctuate erratically if you are too close to other heart rate monitoring equipment or there is other electronics near by, such as TV, Radio...)

Console



Key Function:

KEY	DESCRIPTION
	• Dial Clockwise (UP) - Increase resistance level. • Dial Anti-Clockwise (DOWN) - Decrease resistance level. • Dial - Setting selection. • MODE - Confirm setting or selection. • During workout, press MODE to lock current SCAN function.
	• Press the RESET button once to go back to main menu during setup. • Press and hold the RESET button for 2 seconds to reboot computer and start from default setting.
	• Start / Stop a workout program.
	• Test your heart rate recovery. (See the “Recovery Mode” section)
	• Test your body fat % and BMI. (See the “Body Fat Mode” section)

Operational instructions

Display Function:

DISPLAY	DESCRIPTION
TIME	• Display the workout time during exercise. • Range 0:00 ~ 99:59
SPEED	• Display the workout speed during exercise. • Range 0.0 ~ 99.9
DISTANCE	• Display the workout distance travelled during exercise. • Range 0.0 ~ 99.9
CALORIES	• Display the calories burnt during exercise. • Range 0 ~ 999
PULSE	• Display the user pulse (bpm) during exercise. • An alarm will sound if your pulse is over the preset target.
RPM	• Display the rotation per minute during exercise. • Range 0 ~ 999
WATT	• Display the power consumption during exercise. • In Watt Program mode, computer will remain preset watt value during exercise. (Setting range 0~350)
MANUAL	• Display the manual mode workout.
PROGRAM	• Display the preset resistance level profile of the selected program mode.
USER	• Display the user resistance level profile during a user mode workout.
H.R.C.	• Display the H.R.C. mode workout.

Power On:

Plug in power supply and the computer will power on and display all segments for 2 seconds.

After power on the monitor for the first time, the user will be prompted to enter his / her age, sex, height and weight. Use the UP / DOWN buttons to change the value and press the MODE key to confirm each setting. The monitor will enter the home screen after the setup.

Stand-by Mode: The LCD monitor will enter stand-by mode after 4 minutes of inactivity. Press on any key to wake the monitor.

Manual Mode

User can begin manual mode by pressing the START button in main menu.

1. Use the UP / DOWN dial to select MANUAL **M** and press MODE to confirm.
2. Use the UP / DOWN dial to preset a target TIME, DISTANCE, CALORIES or PULSE. Press MODE to confirm.
3. Press on the START/STOP button to begin workout. Use the UP / DOWN dial to adjust resistance level during exercise.
4. Press on the START/STOP button to pause. Press RESET to return to the main menu.

Program Mode

1. Use the UP / DOWN dial to select one of the twelve preset programs and press MODE to confirm.
2. Use the UP / DOWN dial to set a workout time.
3. Press on the START/STOP button to begin workout. Use the UP / DOWN dial to adjust resistance level during exercise.
4. Press on the START/STOP button to pause. Press RESET to return to the main menu.

User Program Mode

1. Use the UP / DOWN dial to select U and press MODE to confirm.
2. Use the UP / DOWN dial to set a load level for the first column and press MODE to select the next column. Repeat this step for all 8 columns.
3. Press and hold on the MODE button to finish or quit the setup.
4. Use the UP / DOWN dial to set a workout time.
5. Press on the START/STOP button to begin workout. Use the UP / DOWN dial to adjust resistance level during exercise.
6. Press on the START/STOP button to pause. Press RESET to return to the main menu.

H.R.C. Mode

1. Use the UP / DOWN dial to select and press MODE to confirm.
2. Use the UP / DOWN dial to select 55%, 75%, 90% or TAG (Target H.R. - default: 100).
3. Use the UP / DOWN dial to set a workout time.
4. Press on the START/STOP button to begin workout.
5. Press on the START/STOP button to pause. Press RESET to return to the main menu.

Recovery Mode

1. User must be holding the hand pulse sensor to use this feature. When the pulse value is displayed on the computer, press on the RECOVERY button.
2. Hold on the hand pulse sensor until the TIME display finish the countdown from 60 seconds.
3. After the countdown ends, the result will be displayed on the monitor:

1.0	OUTSTANDING
1.0 « 1.9	EXCELLENT
2.0 « 2.9	GOOD
3.0 « 3.9	FAIR
4.0 « 5.9	BELOW AVERAGE
6.0	POOR

Operational instructions

WATT Mode

1. Use the UP / DOWN dial to select **W** and press MODE to confirm.
2. Use the UP / DOWN dial to select a WATT target (Default: 120).
3. Use the UP / DOWN dial to set a workout time.
4. Press on the START/STOP button to begin workout. Use the UP / DOWN dial to adjust WATT level.
5. Press on the START/STOP button to pause. Press RESET to return to the main menu.

Body Fat Mode

1. After your workout, press on the BODY FAT button and hold on the handgrips.
2. After 8 seconds, the computer will display the BMI, FAT% and fat symbol.
3. Press on the BODY FAT button again to return to main menu.

B.M.I. (Body mass index) integrated

B.M.I. SCALE	LOW	LOW / MED	MEDIUM	MED / HIGH
Range	< 20	20-24	24.1 - 26.5	> 26.5

BODY FAT

SYMBOL	LOW (—)	LOW / MED (+)	MEDIUM (▲)	MED / HIGH (◆)
MALE	< 13%	13% - 25.9%	26% - 30%	> 30%
FEMALE	< 23%	23% - 35.9%	36% - 40%	> 40%

Care & Maintenance

- This equipment should not be placed outdoors, in a garage or an outbuilding. Keep the equipment in a dry place with as little temperature variation as possible.
- We recommend placing a mat beneath the equipment to protect both the equipment and your flooring.
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components. Unplug before any care and maintenance.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Troubleshooting

If you have a problem with your exercise equipment, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected.

The following table details the most common problems and how to fix them. If you still have a problem after going through the troubleshooting guide please call your local YORK distributor for advice.

PROBLEM	CAUSE	CORRECTION
NO DISPLAY	No power	Check power adapter
	System halted	Unplug and re-plug the power cord to reset the system
NO SPEED DISPLAY	Wires are damaged or not connected properly	Verify all wires are connected properly
	Speed sensor is too far from magnet	Contact your local YORK distributor
PARTIAL DISPLAY	The PA board is not connected properly	Verify all wires are connected properly
		Disconnect and re-connect all cables
		Contact your local YORK distributor
NO PULSE SIGNAL	Wires are damaged or not connected properly	Verify all wires are connected properly
	Too much hand movement	Dry palms
	Palms too wet	Grip using moderate pressure
	Hand Pulse Sensor is being gripped too tightly	Remove all rings
	User is wearing rings	Contact your local YORK distributor
ERROR CODE: E1	Hands are not hold on tightly on grips during BODY FAT test.	
ERROR CODE: E4	Check the user's age, height, weight figure setting when the test result is out of the range of FAT% 5~50 and BMI 5~50%.	
ERROR CODE: E5	Check the cable is well connected or connector broken.	

FOR YOUR OWN SAFETY, DO NOT OPEN PROTECTIVE CASING. IF ERROR PERSIST, PLEASE CONTACT YOUR LOCAL YORK DISTRIBUTOR FOR ADVICE. KEEP THE EQUIPMENT OUT OF USE UNTIL IT IS REPAIRED.

If you are having problems with your heart rate reading, please note that some fibres used in clothes eg) polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV's, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

Fitness guide

Starting and Finishing Your Workout

Begin and end each workout with a Warm Up / Down session - a few minutes of stretching to help prevent strains, pulls and cramps.

Correct Crosstraining Form

To start using the cross trainer, simply stand on the foot pedals with the front of your shoes close to the front edge of the pedal cap. Place your hands at a comfortable position on the handlebars. Simply move your highest foot forward and follow the natural path of the machine.

Start on a load level that is comfortable to familiarize yourself with the machine. Once you are comfortable, start adjusting the load level to achieve the workout desired.

Forward and Reverse: The cross trainer can be used in the forward and reverse direction to vary the muscles that you workout. This will also vary your workout helping you to stay motivated. To change directions, simply slow the pedals down until they stop and switch directions.

Load Level Adjustment: The load level of cross trainer can be changed at any time during your workout. Adjusting your load level will allow you to increase or decrease your intensity level.

Suggested Stretches

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

2. Calf/Achilles Stretch

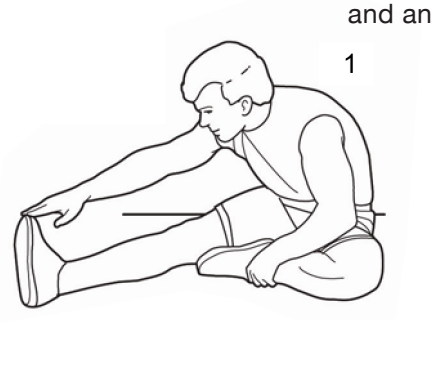
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

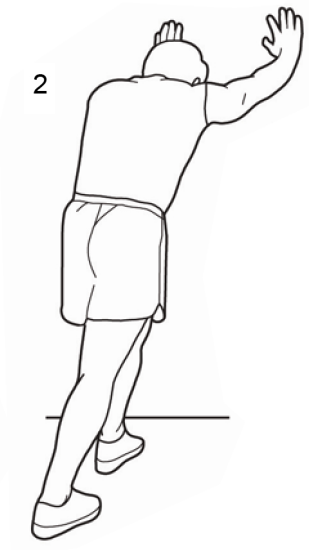
3. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

4. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.





How Long Should I Exercise For?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50 - 60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss - To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving fitness levels - These sessions should be performed at 70 - 80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating Your Target Heart Rate

First, you need to find your estimated maximum heart rate using the formula "220 minus your age in years". So, if you are 35 years old your estimated maximum heart rate is:

220 - 35 = 185 beats per minute (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better health:

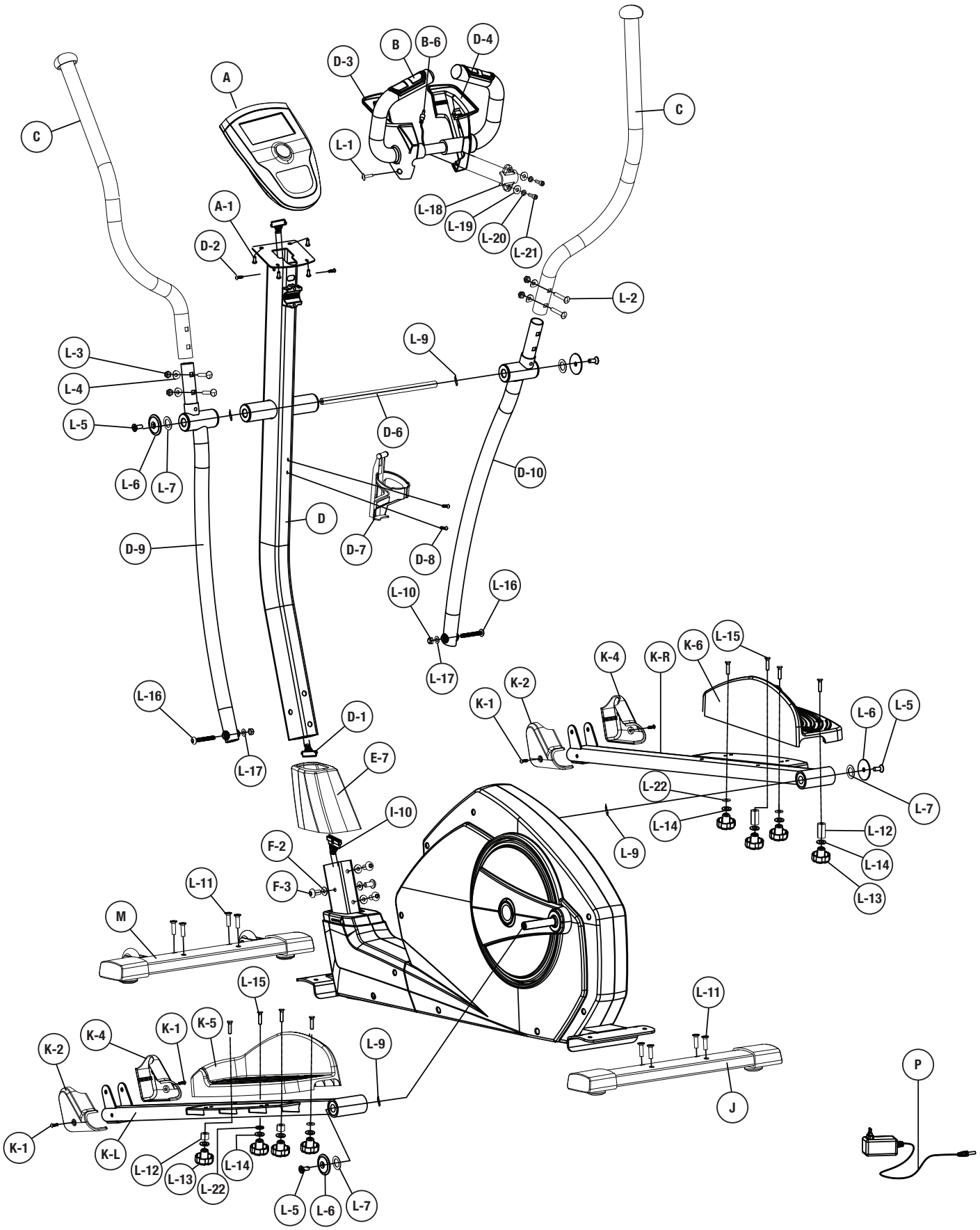
185 x 60% = 111bpm

NOTE: The important issue to remember with all estimated calculations is that they are just estimates - if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please get in touch using the Contact Us details.

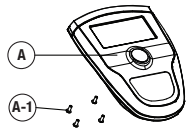
ALWAYS CONSULT YOUR DOCTOR BEFORE UNDERTAKING A NEW EXERCISE REGIME. IF YOU EXPERIENCE NAUSEA, DIZZINESS OR OTHER ABNORMAL SYMPTOMS DURING EXERCISE, STOP AT ONCE AND CONSULT YOUR DOCTOR.

Exploded drawing



YORK FITNESS

A



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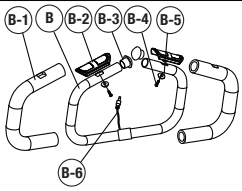

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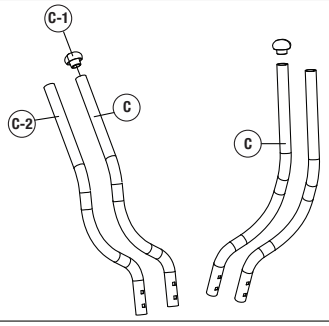

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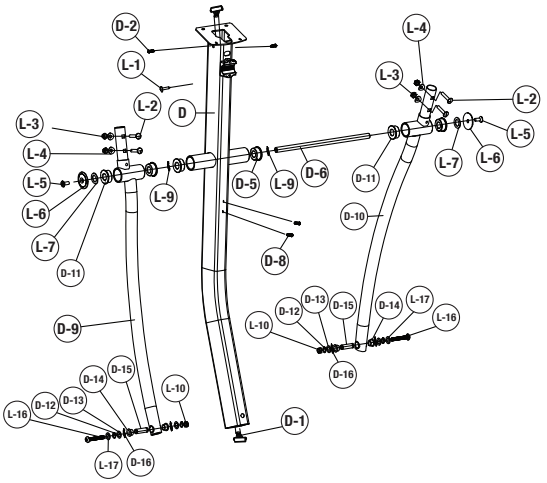

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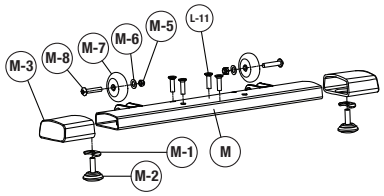

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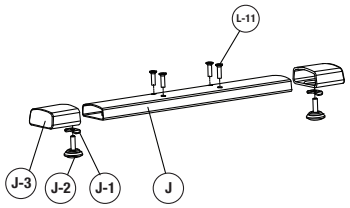

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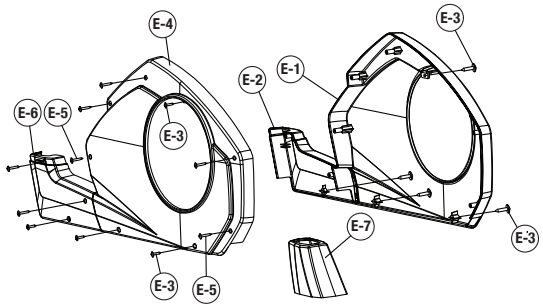

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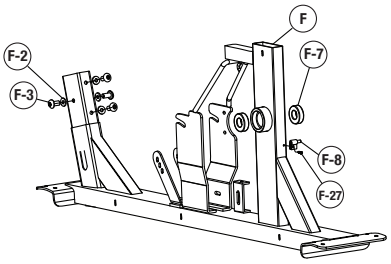

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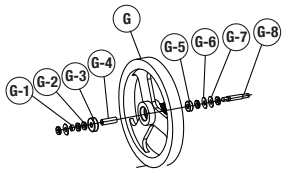

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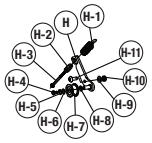

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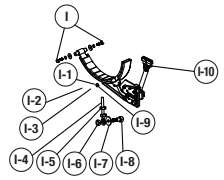

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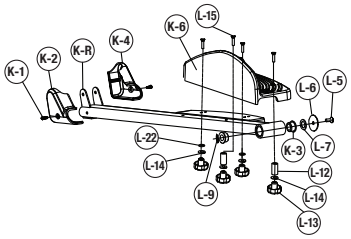

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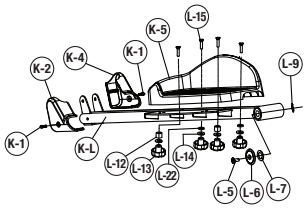

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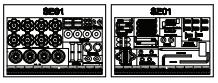

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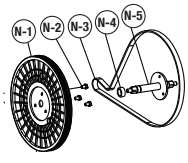

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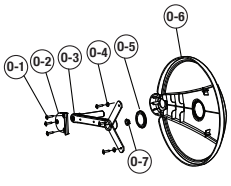

Part list

YORK REF.	REF.	DESCRIPTION	QTY.
52059-001	A	CONSOLE SET	1PCS
52059-002	A-1	SCREW M5*10	4PCS
52059-003	B	FRONT HANDLEBAR SET	1PCS
52059-004	B-1	FOAM GRIP	2PCS
52059-005	B-2	HAND PULSE SENSOR	2PCS
52059-006	B-3	END CAP	2PCS
52059-007	B-4	SCREW M4X20	2PCS
52059-008	B-5	SEMI-CIRCUIT WASHER	2PCS
52059-009	B-6	HAND PULSE SENSOR WIRE	1PCS
52059-010	C	UPPER HANDLEBAR SET	2PCS
52059-011	C-1	END CAP	2PCS
52059-012	C-2	FOAM GRIP	2PCS
52059-013	D	HANDLEBAR POST	1PCS
52059-014	D-1	CONSOLE CABLE, UPPER	1PCS
52059-015	D-2	SCREW M5XP0.8X12L	2PCS
52059-016	D-5	BUSHING	2PCS
52059-017	D-6	HANDLEBAR AXLE	1PCS
52059-018	D-8	SCREW	2PCS
52059-019	D-9	LOWER HANDLEBAR, LEFT	1PCS
52059-020	D-10	LOWER HANDLEBAR, RIGHT	1PCS
52059-021	D-11	BUSHING	4PCS
52059-022	D-12	C-CLIP	4PCS
52059-023	D-13	FLAT WASHER	4PCS
52059-024	D-14	BUSHINHG	4PCS
52059-025	D-15	BUSHING	2PCS
52059-026	D-16	CURVE WASHER	4PCS
52059-027	L-1	SCREW M3X25L	1PCS
52059-028	L-2	CARRIAGE BOLT M8XP1.25X40L	4PCS
52059-029	L-3	ACORN CAP NUT M8	4PCS
52059-030	L-4	SEMI-CIRCUIT WASHER	4PCS
52059-031	L-5	SCEW M8XP1.0X30L	2PCS
52059-032	L-6	WASHER	2PCS
52059-033	L-7	FLAT WASHER	2PCS
52059-034	L-9	CURVE WASHER	2PCS
52059-035	L-10	NYLON NUT M8	2PCS
52059-036	L-16	SCEW M8XP1.25X55L	2PCS
52059-037	L-17	FLAT WASHER	2PCS
52059-038	E-1	SIDE COVER, RIGHT	1PCS
52059-039	E-2	FRONT COVER, RIGHT	1PCS
52059-040	E-3	SCREW M5X16L	8PCS
52059-041	E-4	SIDE COVER, LEFT	1PCS
52059-042	E-5	SCREW M4X50L	7PCS
52059-043	E-6	FRONT COVER, LEFT	1PCS
52059-044	E-7	HANDLEBAR POST COVER	1PCS
52059-045	E-8	DC WIRE	1PCS
52059-046	F	FRAME	1PCS
52059-047	F-2	FLAT WASHER	4PCS
52059-048	F-3	HEXAGON HEAD SCREW M8*P1.25*16L	4PCS
52059-049	F-7	BEARING 6004RS	2PCS
52059-050	F-8	SPEED SENSOR+WIRE	1PCS
52059-051	F-27	SCREW M4X10L	1PCS
52059-052	G	FLYWHEEL SET	1SET
52059-053	G-1	BUSH	1PCS
52059-054	G-2	NUT	5PCS
52059-055	G-3	BEARING 6300RS	1PCS
52059-056	G-4	BUSHING	1PCS
52059-057	G-5	BEARING 6000RS	1PCS
52059-058	G-6	FLAT WASHER	1PCS
52059-059	G-7	STAR WASHER	2PCS
52059-060	G-8	FLYWHEEL AXLE	1PCS
52059-061	H	BELT TIGHTENER SET	1SET
52059-062	H-1	SPRING	1PCS
52059-063	H-2	SPRING HOLDER	1PCS
52059-064	H-3	HEX SCREW M6XP1.0X100L	1PCS
52059-065	H-4	HEX SCREW M6XP1.0X12L	1PCS
52059-066	H-5	FLAT WASHER	1PCS

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52059-067	H-6	FLAT WASHER	1PCS
52059-068	H-7	PULLEY WHEEL	1PCS
52059-069	H-8	CURVE WASHER	2PCS
52059-070	H-9	FLAT WASHER	1PCS
52059-071	H-10	NYLON NUT M8	1PCS
52059-072	H-11	HEX SCREW M8XP1.25X20L	1PCS
52059-073	I	SERVOMOTOR AND MAGNETIC BRAKE SYS.	1SET
52059-074	I-1	BUSHING	1PCS
52059-075	I-2	HEX SCREW M6X20L	1PCS
52059-076	I-3	FLAT WASHER	1PCS
52059-077	I-4	EYEBOLT M6*Φ18*63L	1PCS
52059-078	I-5	HEX SCREW M6	2PCS
52059-079	I-6	BUSHING	1PCS
52059-080	I-7	FLAT WASHER	1PCS
52059-081	I-8	SCREW	1PCS
52059-082	I-9	NYLON NUT M6	1PCS
52059-083	I-10	CONSOLE CABLE, LOWER	1PCS
52059-084	J	REAR STABILIZER	1SET
52059-085	J-1	NUT 3/8"-16X3T	2PCS
52059-086	J-2	ADJUSTABLE PAD	2PCS
52059-087	J-3	END CAP	2PCS
52059-088	L-11	SCREW M8X16	4PCS
52059-089	K-L	PEDAL ARM SET, LEF	1PCS
52059-090	K-1	SCREW M5XP0.8X12L	2PCS
52059-091	K-2	PEDAL ARM FRONT COVER, LEFT	1PCS
52059-092	K-3	BUSHING	2PCS
52059-093	K-4	PEDAL ARM FRONT COVER, RIGHT	1PCS
52059-094	K-5	PEDAL, LEFT	1PCS
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52059-096	L-6	WASHER	1PCS
52059-097	L-7	FLAT WASHER	1PCS
52059-098	L-9	CURVE WASHER	1PCS
52059-099	L-12	BUSHING	2PCS
52059-100	L-13	LOCKING KNOB	4PCS
52059-101	L-14	SPRING WASHER	4PCS
52059-102	L-15	CARRIAGE BOLT M6XP1.0X50L	4PCS
52059-103	L-22	FLAT WASHER	2PCS
52059-104	K-R	PEDAL ARM FRONT COVER, RIGHT	1PCS
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52059-106	K-2	PEDAL ARM FRONT COVER, LEFT	1PCS
52059-107	K-3	BUSHING	2PCS
52059-108	K-4	PEDAL ARM FRONT COVER, RIGHT	1PCS
52059-109	K-6	PEDAL, RIGHT	1PCS
52059-110	L-5	SCREW M8XP1.0X30L	1PCS
52059-111	L-6	WASHER	1PCS
52059-112	L-7	FLAT WASHER	1PCS
52059-113	L-9	CURVE WASHER	1PCS
52059-114	L-12	BUSHING	2PCS
52059-115	L-13	LOCKING KNOB	4PCS
52059-116	L-14	SPRING WASHER	4PCS
52059-117	L-15	CARRIAGE BOLT M6XP1.0X50L	4PCS
52059-118	L-22	FLAT WASHER	2PCS
52059-119	L	HARDWARE KIT	1SET
52059-120	L-1	SCREW M3X25L	1PCS
52059-121	L-2	CARRIAGE BOLT M8XP1.25X40L	4PCS
52059-122	L-3	ACORN CAP NUT M8	4PCS
52059-123	L-4	SEMI-CIRCUIT WASHER	4PCS
52059-124	L-5	HEX SCREW M8XP1.0X30L	4PCS
52059-125	L-6	WASHER	4PCS
52059-126	L-7	FLAT WASHER	4PCS
52059-127	L-9	CURVE WASHER	4PCS
52059-128	L-10	NYLON NUT M8	2PCS
52059-129	L-11	HEX SCREW M8X16	8PCS
52059-130	L-12	BUSHING	4PCS
52059-131	L-13	LOCKING KNOB	8PCS
52059-132	L-14	SPRING WASHER	8PCS

YORK REF.	REF.	DESCRIPTION	QTY.
52059-133	L-15	CARRIAGE BOLT M6XP1.0X50L	8PCS
52059-134	L-16	HEX SCREW M8XP1.25X55L	2PCS
52059-135	L-17	FLAT WASHER	2PCS
52059-136	L-18	FIXING CLAMP	1PCS
52059-137	L-19	FLAT WASHER	2PCS
52059-138	L-20	SPRING WASHER	2PCS
52059-139	L-21	SCREW M7XP1.0X30L	2PCS
52059-140	L-22	FLAT WASHER	4PCS
52059-141	L-23	BOX SPANNER	1PCS
52059-142	L-24	ALLEN KEY	2PCS
52059-143	M	FRONT STABILIZER	1SET
52059-144	M-1	NUT	2PCS
52059-145	M-3	ADJUSTABLE PAD	2PCS
52059-146	M-4	NYLON NUT M8	2PCS
52059-147	M-5	FLAT WASHER	2PCS
52059-148	M-6	TRANSPORTATION WHEEL	2PCS
52059-149	M-7	HEX SCREW	2PCS
52059-150	L-11	SCREW M8X16	4PCS
52059-151	N-1	PULLEY WHEEL	1PCS
52059-152	N-2	HEX SCREW M8XP1.25X12LX5T	3PCS
52059-153	N-3	DRIVE BELT	1PCS
52059-154	N-4	BUSHING	1PCS
52059-155	N-5	AXLE	1PCS
52059-156	0-1	SCREW M4*12L	10PCS
52059-157	0-2	DISC INNER COVER	2PCS
52059-158	0-3	CROSS-BRACE SET	2PCS
52059-159	0-4	FLAT WASHER	4PCS
52059-160	0-5	DISC PLUG	2PCS
52059-161	0-6	DISC	2PCS
52059-162	0-7	PATTERN NUT M10XP1.25X10T	2PCS
52059-163	P	ADAPTOR	1PCS
52059-164	Q	HANDLEBAR COVER SET	1SET
52059-165	Q-1	HANDLEBAR COVER, LEFT	1PCS
52059-166	Q-2	HANDLEBAR COVER, RIGHT	1PCS
52059-167	R	BOTTLE HOLDER	1PCS

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